

J. KENT WHITE

Large Electrical Engineer of Alexandria—Wholesale and retail Dealers in Electrical Equipment and Supplies—does Extensive Business in Northern Virginia

When Thomas A. Edison developed electricity to its present modern point of usefulness, there was yet something essential to securing satisfaction as the result of the genius of Franklin, Edison and others. The electrical engineer stepped in and of this profession such men as Mr. J. Kent White, of Alexandria, are leaders. Mr. White is a graduate of the Va. P. I. of Blacksburg, Va., a class of 1906.

Since 1912 Mr. White has been doing an extensive business at Alexandria, and in addition to his engineering work is a wholesale and retail dealer in high-class electrical equipment and supplies.

As an estimator and contractor Mr.

White has handled a number of extensive jobs in this section and his work has been highly praised by insurance inspectors as well as property owners.

Mr. White specializes in motors, lighting fixtures of all kinds, automobile supplies, and electrical appliances, specializing as distributor for the "Silent Alamo," the celebrated farm electric power and light plant. He is also distributor for Apex Vacuum Cleaner, Copd's storage battery, Crystal Washing Machine, Bosch magnetos and the Zenith Carburetors, for five years.

The quality of the goods handled by Mr. White is of the highest, and he makes a specialty of such high grade lines as Eisenberg's handcraft fixtures. Supplies for the home, factory, store, and automobiles are also a specialty.

Mr. White handles recognized standard motors and operates an extensive electrical repair shop, in charge of an experienced man, also has expert storage battery mechanic.

A. H. AGNEW

Prominent Real Estate and Insurance Man, Recognized as Leading Booster for Alexandria's Development—Prominent in Business Organizations

The future of a city rests with its business men. If they are progressive and pull together, the future prosperity and development is assured: if they hang back and work for selfish ends, the opposite result is a foregone conclusion.

Mr. A. H. Agnew, one of the leading real estate and insurance men of Alexandria, is a great believer in cooperation along progressive lines, and in his experience has found that the results are exceedingly satisfactory.

Three years ago he established an agency handling fire insurance exclusively and a general real estate business, and his success has been directly attributable to his policies of foresight and energy always with a view of aiding in the development of the community.

In the real estate department Mr. Agnew specializes in city and suburban property, and has handled some of the largest deals that have been put over in this section in recent years. His listing embraces practically all of the choice property in this territory.

He represents many of the strongest fire insurance companies in the world, and prides himself on the prompt and efficient service his agency gives.

Mr. Agnew is a director of the Alexandria Real Estate Board, a member of the Alexandria Underwriters Association, and the Chamber of Commerce. He finds the business outlook much brighter and is satisfied that Alexandria is on the upward trend.

GROWTH AND DEVELOPMENT OF THE BABY

All statements concerning the growth and development of babies are necessarily taken from averages, and a healthy child may vary from the average very decidedly without giving cause for alarm.

The average weight of a baby at birth is from 7 to 7½ pounds and the average length is about 20 inches, but it is not unusual for a child to weigh anywhere from 5 to 10 pounds at birth and to measure from 16 to 22 inches in length. During the first week a healthy baby should gain from 4 to 8 ounces a week until he is six months old; after that time the week-

ly gain in less. The weight at birth will usually double during the first five months and treble during the first year. Consequently, a baby weighing seven pounds at birth may be expected to weigh 14 pounds when he is five months old and 21 pounds at a year old. Weight is one of the most important indications of a baby's condition. He should be weighed every week during the first six months, once in two weeks during the second six months, and once a month during the whole of the second year.

A baby at birth is helpless and during the first months he has little muscular control. During the third month he ordinarily begins to lift his head, and he can usually hold it up without support by the time he is three months old. When 7 or 8 months old he sits erect and begins to play with toys. From this time a baby makes rapid progress; he attempts to stand on his feet begins to creep and by the time he is 14 months old he is usually able to stand alone or even to walk a few steps. He is usually running about without difficulty when 15 or 16 months old.

Babies should never be urged to walk or to bear their weight on their feet as their bones are soft and it will make them bow-legged. If healthy, they are generally eager to go about unaided, and like to investigate their surroundings without assistance. If walking is unusually delayed, a physician should be consulted.

A new-born baby is unable to distinguish objects, but the eyes are sensitive to light and need careful protection. Hearing, though undeveloped at birth, soon becomes acute; consequently the child should stay in a quiet room. When six or seven weeks old he notices objects, and at three months old he welcomes his mother when he is hungry. A month or two later he begins to distinguish between familiar and unfamiliar faces, and to show approval or disapproval. A baby six or seven months old begins consciously to utter sounds, and usually can say a few unconnected words by the time he is a year old. The average child, however, does not begin to form sentences of more than two or three words until he is about two years old.

Parental Care

Care of the child should begin at the first possible moment; that is, nearly nine months before his birth. Care before birth, for want of a better name, is called prenatal care of the mother. Every woman who thinks that she is pregnant should put herself at once under the care of a competent physician so that he may make the necessary examinations as early as possible. If she follows his advice in regard to hygiene and the proper regulation of her life, she may be free from anxiety and may justly expect that her delivery will be a safe and normal process.

A demonstration of the value of prenatal care was made several years ago by the Boston District Nursing Association. During the year prenatal care was given to 751 expected mothers in five wards of the city. Each woman attended a pregnancy clinic where she was under the care of an experienced obstetrician and was visited at intervals by a nurse who kept careful watch on her general condition and gave necessary advice and encouragement. In consequence, the death rate among the babies whose mother had prenatal care was only half as great, through the whole first year of life, as the death rates of babies in the same wards whose mothers had not had prenatal care. Moreover, the rate of still-births was only half as great as the rate among the general population of Boston. If prenatal care can save so many lives surely it ought to be available for every pregnant woman in the land, including even that generally neglected class of people who are neither very rich nor very poor.

Each baby's birth should be rendered by the registrar of births, and parents should make sure that registration has been attended to in the city or town where they live. In some states birth registration is already obligatory, but in any case it is required by the child's own interest. For instance, in later life it may be necessary for him to prove the date and place of his birth and this may not be possible if it has not been registered.

The expectant mother should follow these simple rules of health: She should eat meat, fish or eggs only once a day and drink from six to ten glasses of water every 24 hours. She should eat freely of fruits and green vegetables, and if three regular meals causes distress, she should eat more frequently and less at a time. She should spend at least two hours a day in the open air and as much more as possible, but while she should walk and take light exercise she should take care not to over-do it and wear herself out. She should bathe daily in warm water, wear loose one-piece garments hung from the shoulder and sleep at least eight hours out of the 24 taking care never to become over-tired. She should never do any heavy work such as sweeping, washing, lifting heavy burdens or running a sewing machine. If possible she should rest a month both before and after the baby's birth, and she should stay in bed at least ten days after his arrival. In addition, she should consult at regular intervals to her physician and should follow his instructions carefully. This is the only way to assume health for both mother and baby.

SERVING FOOD FOR THE SICK

Food for the sick should always be most carefully prepared and of the best quality, and in addition it should be as inviting as varied as well served as possible. Neglect in these respects is inexcusable. Even slight carelessness in preparing or serving food may arouse disgust and thus banish permanently some valuable article from the diet.

Trays, dishes, tray cloths and napkins for the patient must be absolutely clean and as attractive as pos-

sible. Cracked or chipped dishes should not be used. Individual sets of dishes for the sick may be purchased, and their convenience makes them well worth the price. Paper napkins may be used in many cases to save laundry work; clean white paper is always superior to soiled linen, but if the patient has a very decided prejudice against paper napkins they should not be used.

Before the tray is brought to the bedside everything should be arranged so that the patient can eat in comfort. It is bad management to let the soap cool while the patient's pillows and table are being adjusted. In setting the tray great care should be devoted to placing the articles conveniently and to the appearance and garnishing of the food. Careful serving requires more thought but little if any more actual time than slovenly serving.

Dishes should not be so full that food is spilled in transit; no dishes should be covered so as to reach the patient hot; cold dishes should be kept cold. Liquid nourishment in a glass or cup should be served on a small plate or tray covered with a dolly. Neither glass nor cup should be held by the rim.

It is not uncommon to overload trays and to serve everything at once in order to save steps, but a patient is ordinarily more interested in a meal that is served in courses, provided that no long intervals elapse between. Moreover, if the meal is served in courses he is not tempted to eat, desert first and then to refuse the rest of the meal. If food is given sufficiently often it is safer to err on the side of serving too little at a time than too much, since the sight of large amounts of food is often disgusting.

The patient's likes and dislikes should be considered as far as possible, within the limits of his diet, but most patients should not be consulted beforehand as their menus. Great variety in one meal is not necessary; it should be introduced by varying successive meals. An article that has been especially disliked should not be served a second time, unless it can be disguised beyond a possibility of detection. An article of food to which a patient objects should be removed at once unless it is something especially prescribed. When patients persistently refuse necessary nourishment a difficult situation is presented; persuasion and every form of ingenuity must be used, and the doctor's cooperation enlisted. When, for example, a

strict milk diet is ordered for a patient who announces that he never takes milk in any circumstances, the situation may seem hopeless, but the nurse should never give up until every power of persuasion and ingenuity have been exhausted.

CUBA

Cuba has a population of 2,803,123.

Cuba is the richest country in the world—money in circulation per capita, \$200.

Cuba's tobacco crop has averaged \$50,000,000 annually for the last ten years.

H. FEDDER & CO.

Dealers in Reliable Footwear on King Street—One of the City's Modern New Stores Which Is Building Up Big Trade Through Modern Methods.

Reliable Footwear. These two words mean much to everyone's health and comfort for medical science tells us that disease and nervous disorders come largely from

improper care of the feet.

H. Fedder & Co., at 617 King Street, when they established their business in September last year, determined to make their reputation on that particular line of handling only reliable foot wear and in seeing that it was properly fitted for the fitting has more to do with comfort than the quality of a shoe in a good many cases.

How well the firm has succeeded may best be judged by the increasing patronage accorded it and its growing reputation for service, courteous accommodation, and cooperation with the public.

Shoes for every member of the family—shoes of quality and character are Fedder's specialties, and high class footwear only is found in his store.

Mr. H. Fedder, proprietor of the store, is one of the best known citizens of the city and has been in Alexandria eleven years. He was formerly with M. Ruben & Sons and later with Katz, and perhaps has the widest acquaintance of any shoe man in the city.

J. D. MATTER

Dealer in

Groceries and Meats of all Kinds

Northwest Corner Gibbon and Fairfax Streets
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Pneumatic and Solid Truck Tires
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Authorized Distributors for Goodrich and United States Solid Tires

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Alexandria, Va.

Parts For Ford Cars

Smith Motorist Supply Company

PHONE 675-J

116 North Fairfax Street

Alexandria, Va.

Automobile Accessories and Supplies